

How well would you adapt to another culture? Rate your responses to the statements below. Use a scale of 1 to 5 to rate how strongly you agree with each statement, 5 being high and 1 being low.

	Rate Your Response Here from 1 (low) to 5 (high)
1. I am constantly trying to understand myself better. I feel I know my strengths and weaknesses.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
2. I respect the opinions of others, although I may not always agree with them.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
3. I get along well with people who are very different from me in age, race, economic status, or education.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
4. When I am at a party with foreigners, I normally go out of my way to meet them.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
5. I do not need to understand everything going on around me. I tolerate ambiguity well.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
6. I am able to change course quickly. I readily change my plans.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
7. I often laugh at myself and find humor in difficult circumstances.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
8. When I have to wait, I can be patient. I don't mind sudden changes in my plans or schedule.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
9. I am curious about new things, people and places. I like to ask questions, read and explore.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
10. I am able to entertain myself. I'm rarely bored.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
11. I tackle problems on my own first, and then – <i>maybe</i> – ask staff or friends.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
12. When things go badly, I'm able to keep my head and think clearly.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
13. When I make mistakes, I try to learn from them.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
14. In a strange situation, observe and think first and then act.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
15. I am a good listener.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
16. When I'm lost, I ask for directions.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
17. I worry about offending others.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
18. I like people and generally accept them the way they are.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
19. I am sensitive to the feelings of others and observe their reactions as I speak with them.	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
20. I like new ideas, new ways of doing things, and I'm willing to experiment	1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/>
TOTAL SCORE:	

Discussion: Total your score for all answers. If your score is 80 or greater, you have already made good progress toward intercultural sensitivity and an acceptance of difference. If your score is between 50 and 79, you may have to work on developing the attitudes and behaviors needed for good adjustment to living abroad. If your score is below 50, you should examine your motives for wanting to go abroad. Is it time? Is there anything you can do to help you prepare for the many cross-cultural adaptations?